Registration

Drop off at:
Super Jock n' Jill: 7210 E Greenlake Dr. N
Seattle, WA 98115

Shorecrest High School: 15345 25th Ave NE
Shoreline, WA 98155

Third Place Books: 17171 Bothell Way NE
Lake Forest Park, WA 98155

Or Mail (with entry fee) to:
17232 10th Ave NE Shoreline, WA 98155

Name: _____

Address: _____

City: _____ State:____ Zip:_____

Email: _____

Gender: M/F Shirt Size: S / M / L / XL

Age Division: 0-12, 13-18, 19-29, 30-40,41-55, 56-65, 66+ Birth Date:_____

Release: I know that running/walking a road race, or participating in an organized event, regardless of the distance includes an element of risk. I should not enter and participate in the Candy Cane Dash (hereinafter "this event") unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to compete in this event safely and I further agree that event officials may authorize necessary emergency treatment for me. I also understand that both vehicle traffic and spectators will be present along the course and I assume the risk of participating under such conditions. I further assume any and all other risks associated with participation in this event including, but not limited to, illness, traveling to and from the event, falls, contact with other spectators and participants, the effects of the weather (including temperature extremes and humidity) and the surface conditions of the roads, paths, sidewalks, all such risks understood and appreciated by me. Having entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the sponsors, suppliers, agents, independent contractors, employees and any other liability of any kind or nature whatsoever arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver. I also understand and agree that any sponsor may subsequently use, for publicity purposes, my name or picture of me, possibly on the Internet, participating in this event without liability or obligation to me. Entries from minors will be accepted only with a parent or legal guardian's signature. Insufficient information will result in your entry being returned. Entry fees are non-refundable.

_____
Signature Date

_____
Parent/Guardian signature if under 18 Date

Entry Deadline:
All mail-in entries should be received no later than Wednesday, November 24th.

Make Checks Payable to:
Shorecrest High School

Registering:

Mail To:
Shoreline Candy Cane Dash
17232 10th Ave NE Shoreline, WA 98155

In Person at:
Super Jock n' Jill: 7210 E Greenlake Dr. N
Seattle, WA 98115

Shorecrest High School: 15345 25th Ave NE
Shoreline, WA 98155

Third Place Books: 17171 Bothell Way NE
Lake Forest Park, WA 98155

Online:
www.active.com (search Candy Cane Dash)

Important Times:

8:00am	Day of Race Registration
8:30am	Check In for Race
9:00am	Race Begins!
10:00am	Award Ceremony

Prizes:
Ribbons will be awarded to the top three finishers per division and gender. Prizes and refreshments from sponsors will be given out following the race.

Race Results:
Results will be available after the race on the CCD website (candycanedash.weebly.com) as well as on active.com.

Much Thanks to Our Generous Sponsors!

(Obtained by October 6th)

- **Orthopedic Specialists of Seattle**
- **Third Place Books**
- **Super Jock n' Jill**
- **Great Harvest Bread Company**
- **Shoreline Physical Therapy**
- **City of Shoreline**
- **Emerald City Smoothie**
- **Starbucks Coffee**
- **Shorecrest High School**
- **www.active.com**
- **USA Track and Field**
- **RoadRunner Sports**

RoadID
It's Who I Am.

Orthopedic Specialists of Seattle welcomes
Scott Ruhlman, MD

Dr. Ruhlman treats adult and pediatric hand, shoulder, and elbow conditions. In addition, he offers state-of-the-art fracture care, sports medicine and arthritis care. Dr. Ruhlman joins us after completing a fellowship at Harvard. Originally from Shoreline, and the original founder of the Candy Cane Dash, Dr. Ruhlman is happy to be back in the Pacific Northwest.

www.seattleortho.com
www.scottruhlmanmd.com
OSS Orthopedic Specialists of Seattle
PROLIANCE SURGEONS

15th Annual Shoreline Candy Cane Dash!

The Scoop:
A Shorecrest High School Senior Project, the Dash is a 5K race that benefits both the Cross-Country Team and the Senior Project Fund.

Date:
Saturday, December 4th, 2010 at 9am

Distance/Course
5K run/walk
Starts and finishes at Shoreline Stadium (185th & 1st NE), course runs through surrounding neighborhood.

Entry Fee:
$20 pre-registered by **11/24/10**
$25 day of race
*Checks payable to Shorecrest HS.

Includes a long-sleeved t-shirt. There is no guarantee that day of race registrants will receive a shirt.

For More Information:
Email:
candycanedash2010@gmail.com
Website:
candycanedash.weebly.com
Or Call:
-Sarah Murphy-Cook (206) 948-6812
-Melissa Ruhlman (206) 367-5074

Candy Cane Dash
17232 10th Ave NE
Shoreline, WA 98155

15th Annual
2010

CANDY CANE DASH

REGISTER TODAY!

Orthopedic Specialists of Seattle
OFFICIAL SPONSOR
Providing highly specialized orthopedic care in north Seattle
OSS Orthopedic Specialists of Seattle
PROLIANCE SURGEONS